

The perimenopause is the transitional time when a women's period becomes irregular and will eventually stop, signaling the end of menopause. For many women this reproductive transition happens naturally, whereas for others it can occur related to medical treatment or surgery. The menopausal transition can be accompanied by physical and emotional symptoms related to hormone changes occurring during this time. For some women these symptoms can impact their function and quality of life.

EMOTIONAL SYMPTOMS MAY INCLUDE

- Mood changes (such as sadness or irritability)
- New onset or recurrent depression
- Anxiety
- Sleep disturbance
- Attention difficulty

APPROACH TO CARE

Our goal is to support women and their providers who are seeking further understanding of whether the hormonal changes of menopause may be playing a role in their current symptoms. We provide specialized consultations which includes a reproductive and psychiatric evaluation as well as discussion of recommendations for the management of hormonally associated mood and anxiety symptoms. These consultations can last between 1-4 visits and will include collaboration with the referring provider.

CONDITIONS/SERVICES

Your patient may benefit from consultation if:

- She is between ages 45-60, has irregular menstrual cycles, and is experiencing any of the above emotional symptoms
- She has a history of depression or bipolar disorder and is experiencing difficult to treat symptoms since menopause began
- She is taking medications or has had surgery which cause hormone changes similar to menopause and has developed mood symptoms, anxiety, or sleep disturbance
- She has taken hormone therapy for menopausal symptoms but continues to experience persistent emotional symptoms

PROVIDER

MARGO NATHAN, MD

Dr. Nathan is a reproductive psychiatrist and treats women with mood and anxiety disorders across the lifespan. She has particular expertise in the treatment of women experiencing emotional and physical symptoms during the menopausal transition, and also conducts research in this area.

MAKE A REFERRAL

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Providers can send an ambulatory referral for psychiatry to **UNC PSYCHIATRY CHAPEL HILL 1ST FL NEURO HOSP**, and indicate in the comments that referral is for Dr. Nathan.

Phone

Patients can call **(984) 974-5217**

Clinic Hours

Thursdays 8 a.m. – 5 p.m.